
How much Sugar is in those Drinks?

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Fizzy Sodas

Mountain Dew	Red Bull
46.9 gr sugar	39.1 gr sugar
12 teaspoons	10 teaspoons
More than Coke (10)	
Nearly 40% more Caffeine than Coke	

Fruit Juices

Grape Juice	Apple Juice	Orange Juice
250ml glass = 38 grams sugar	250ml glass = 26 grams sugar	250ml glass = 22 grams sugar
9.5 teaspoons of sugar	6.5 teaspoons of sugar	5.5 teaspoons of sugar
No added sugar	No added sugar	No added sugar






Men	Women
9 teaspoons per day	6 teaspoons per day
One 250ml glass Grape Juice = 9.5 teaspoons sugar	One 250ml glass Apple Juice = 6.5 teaspoons sugar

How much
Sugar do
authorities
recommend?



If you were to drink just one glass of juice, or one of these drinks, you have already gone over your daily allocation according to AHA - American Heart Association!



**Sugar is the
New cigarette!**

Sugar increases Insulin.

**Insulin increases
fat storage!**

Sugar is addictive!

**For your health's sake,
eliminate sugar**

For people who are overweight, obese, diabetic or suffering from the Western Diet in any way...it is recommended:

- Consume sugar only once every two weeks, or once every week at the most!
- Soft drinks, baked goods like pastries and processed foods... these foods have no place in the diet of someone who is overweight.
- If you want to be healthy, then you shouldn't be consuming foods that have refined sugar added to them.



High sugar foods to eliminate, or reduce drastically...

More foods:

- **Raw or Refined Sugar**
- **Low Grade Fruit Juices**
- **Energy Drinks**
- **Processed Honey**
- **Syrup**
- **Lollies**
- **Sucrose**
- **Canned Food**
- **Processed Frozen Dinners**

